



1ST FEBRUARY 2022

Cabinet Office Teach In

COVID-19 National Core Study

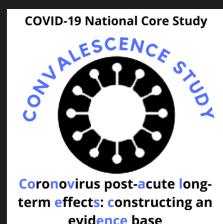
CONVALESCENCE STUDY

Coronavirus post-acute long-term effects: constructing an evidence base

 Medical Research Council  National Institute for Health Research

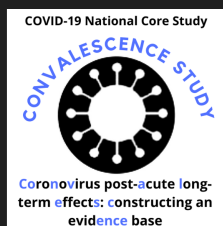
long COVID

EVIDENCE FROM THE CONVALESCENCE STUDY,
COVID-19 LONGITUDINAL HEALTH AND WELLBEING NATIONAL
CORE STUDY



FINDINGS

- Prevalence of long COVID in 45,096 longitudinal population cohort participants ranges from 8-17%
- Daily life is affected 12+weeks after COVID-19 infection in 1.2% of 20 years olds and 4.8% in middle age.
- Coding of long COVID by GPs is low.
- Long COVID patients are falling at the first hurdle in accessing support or treatment. Only 21 out of 38 respondents had managed a GP appointment and 2/38 have managed to access long COVID clinics.
- Risk factors for long COVID include: women, obesity, prior asthma, prior adverse physical and mental health and white ethnicity.
- Symptom Analysis: High and low symptom reporting clusters identified. Comparison of symptoms across 3 groups (No COVID-19, COVID-19<4 weeks and COVID-19 >12weeks) is ongoing.
- COVID-19 has long term adverse effects, irrespective of long COVID symptoms
- Health and socioeconomic consequences observed even in those who apparently make a full recovery.
- Risk of adverse outcomes is much higher in hospitalised COVID-19 patients compared to the general population but similar to those hospitalised with pneumonia.
- Increased risk of heart disease and clots even a year post infection – excess risks even in those not hospitalised, some indication that ethnic minorities have greater risk



AUTHORS

Co-leads

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Long COVID Risk Factors

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Low long COVID GP coding

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Symptom Clustering

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Qualitative Study

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Mental Health

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Society and Health

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Cardiovascular Risk

The OpenSAFELY Collaborative; John Tazare, Alex J Walker, Laurie Tomlinson, George Hickman, Christopher T Rentsch, Elizabeth J Williamson, Krishnan Bhaskaran, David Evans, Kevin Wing, Rohini Mathur, Angel YS Wong, Anna Schultze, Seb Bacon, Chris Bates, Caroline E Morton, Helen J Curtis, Emily Nightingale, Helen I McDonald, Amir Mehrkar, Peter Inglesby, Simon Davy, Brian MacKenna, Jonathan Cockburn, William J Hulme, Charlotte Warren-Gash, Ketaki Bhate, Dorothea Nitsch, Emma Powell, Amy Mulick, Harriet Forbes, Caroline Minassian, Richard Croker, John Parry, Frank Hester, Sam Harper, Rosalind M Eggo, Stephen JW Evans, Liam Smeeth, Ian J Douglas, Ben Goldacre.

Cardiovascular Outcomes

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CONVALESCENCE STUDY